

EH NEWSLETTER

January 2023

What Are Extension Homemakers (EHC) All About?

Extension Homemakers or EHC, is a volunteer organization which works closely with the Cooperative Extension Service. Members learn through educational programs in the areas of:

- Health and Wellness
- Personal Finance and Consumer Economics
- Food and Nutrition
- Family Life and Personal Development

EHC Clubs meet once a month to receive research-based information to improve the lives of them and their families. In addition, members give back to communities by contributing to a variety of community service projects. Last year, Howard County EHC contributed over 5,000 hours with an estimated dollar value of \$135,000.

Finally, EHC provides members the opportunity to develop leadership skills that increase self-confidence, improve communication, and enable individuals to become more active.

Howard County Extension Office

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Basically, EHC brings people (friends) together to learn and to help their communities all while having fun! There are currently four clubs in Howard County. (Additional clubs will be formed if needed.)

- Hillcrest – Meeting time and date varies
- New Horizon – Second Monday of each month at 1:00 p.m. at EH Center
- Moonlighters – First Monday of each month at 5:00 p.m. at Center Point Community Center
- Twilight – Second Thursday of each month at 3:00 p.m. at EH Center

One of the advantages of being in EHC is they are the first to know about educational programs conducted through the Cooperative Extension Service. If you are not a member of Extension Homemakers, but would like to learn more, contact the Howard County Extension Service at 870-845-7517.

Extension Get Fit

A New Year has begun. You have made the commitment to improve your overall health by eating right and being active. A regular exercise program can help with weight management, reduce diabetes, and stroke risk, increase energy levels, and improve overall sense of well-being.

Now is the time to get started! *Extension Get Fit* is a group fitness program designed to help adults increase strength, flexibility, and balance. The program uses low weights and low impact exercises in a fun and relaxed environment.



Extension Get Fit meets on Monday and Wednesday mornings at 10:00 a.m. at the EH Center in Nashville. Each class meets for approximately 1 hour. If you are interested in participating, please call the Howard County Extension Office at 870-845-7517 to register for the program. The cost of the program is a one-time charge, per year of \$20. All classes are led by trained individuals.

A new group will be starting on January 23. If you would like to improve your health and fitness, consider being a part of Extension Get Fit. Please pre-register by January 17.

Using an Instant Pot to Save Time!

Do you have an Instant Pot? Do you use it? Why? Are you intimidated by all the functions? Instant Pots became popular a few years ago. One of the biggest advantages to using the instant pot is time. Complete meals can be prepared in a few minutes without having to stand over the stove constantly stirring. You just put the food in with little preparation, touch a few buttons and walk away. Come back in about 20 minutes and a frozen chicken is ready to serve!

If you would like to learn how to get the most out of your Instant Pot, you will want to attend this month's leader training lesson, "*Cooking With an Instant Pot*" scheduled for Tuesday, January 24, at 10:00 a.m. at the Howard County EHC Education Center in Nashville. This hands-on training will introduce you to the advantages of using this appliance, plus take a look at different brands and features including those that are pressure cookers/air fryers. We will also look at some tasty recipes you can prepare including main dishes, sides and even desserts.

This training is open to anyone wanting to learn more about using the Instant Pot. Since it is a hands-on training, please call the office at 870-845-7517 by January 18 to let us know you plan to attend. Registration fee of \$10.00 will be charged to all non-EHC members. This will help in planning recipes and stations.



January Board Meeting

The holidays are over and now it is time to start planning for 2023 calendar year programs. The first Howard County EHC Board Meeting of the year will be held on Tuesday, January 24 after the leader training lesson. The meeting will start at approximately 11:30 am. Items on the agenda include:

- Report from house building committee
- Upcoming programs
- Much more!

All council officers are expected to attend including club presidents or their representative. Any member may attend, but only voting members will be allowed to vote. Let's make 2023 a great year!



Nametag/T-Shirt Order

This is a final call for Nametag and T-Shirt orders. If you would like one of the AEHC name badges, please let Deb know. Call the office at 870-845-7517.

Quilt/Crochet Workshop



January 27 has been scheduled for a quilt and crochet workshop to teach basic heritage skills. This group is open to anyone wanting to learn how to piece quilts or crochet. Patterns for quilt piecing is available at the Extension office, however, you may bring projects on which you are working. Maybe you are just starting out and want to learn. Feel free to join the group. You might want to pick up a beginner pattern from the office beforehand.

Most of the group will be working on a "Flying Geese" pattern using a Jelly Roll (precut strips of 2 ½" x 45"). I am looking forward to seeing what fabrics are chosen for your work of art!

4-H BBQ Bowl

After a couple of years of Covid cancellations, Howard County 4-H will be having their Super Bowl BBQ Sale on Saturday, February 11. Full slab of ribs and Cornish hens will be available. New this year, the event will be held at the Howard County Fairgrounds. Do not wait until the day of the sale to get your ribs or hens. Preorders will start soon! Call the office at 870-845-7517 if you are interested in supporting Howard County 4-H youth!

Spring AEHC Meeting

The AEHC Spring Workshop will be held Wednesday, March 8, 2023, at the Riverfront Wyndham Hotel in North Little Rock. This year's theme is "Step Out, Step Up and Step In." The workshop brings

members from across the state to participate in educational sessions, plus network with others. A registration fee of \$35.00 will be charged to cover program supplies and lunch. If you are interested in attending this workshop, please let the office know. As more information is available, it will be shared.

Start 2023 with Gratitude

2023 has started and I have heard several statements about practicing gratitude. It has made me stop and think about how much I actually am grateful for including my family, friends, job, health, etc. I am also very grateful for each and every one of you! Extension Homemakers are the best volunteers and even though I may not say it often enough, I know I would not be as successful without your help!

What is gratitude? The definition of gratitude is “the quality or state of being thankful; readiness to show appreciation for and to return kindness.” Gratitude comes very easily to some people and is less obvious to others.

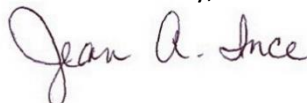
Some tips for practicing gratitude include:

- Reflect on your blessings every day. Notice and jot down your gifts, graces, and benefits you experience each day. They can be small (great weather today or something that made you smile and feel loved) or huge.
- Share your gratitude with others. If you appreciate something someone does for you, tell them. Nothing is better than receiving a handwritten thank you note.
- Be mindful of the moment. Focus on the moment instead of thinking about the past or the future. Use your senses to really live in the moment.
- Watch your words. Take time to think about what you say before saying it. Instead of negative talk, use positive words. This includes self-talk.

Wouldn't the world be better if we all practiced a little gratitude?

****Note: All meetings and activities are subject to change.**

Sincerely,



Jean A. Ince

County Extension Agent - Staff Chair

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